

Immaculate Conception High
Food, Nutrition and Health
Grade 10
Term 2 Unit Plan 2024

WEEK	DATE	TOPIC	ASSIGNMENT
1	Jan 10-12, 2024	Cereals <ul style="list-style-type: none"> a. Composition of cereal grain b. Types of cereals c. Nutritive value of cereals 	
2	Jan 15-19, 2024	Cereals Cont'd <ul style="list-style-type: none"> d. Types of Breakfast Cereals e. Cooking cereals f. Storage of cereals Fish Cookery <ul style="list-style-type: none"> a. Categories of fish b. Composition and nutritive value of fish c. Identify the market forms of fish d. Selection of fish e. Effects of heat on fish f. Storage of fish 	Cereals Crossword Puzzle
3	Jan 22-26, 2024	Cereals Test Cereals Practical	
4	Jan 29- Feb 02, 2024	Preservation <ul style="list-style-type: none"> a. Definition of related terms b. Underlying principles of food preservation c. Reasons for preserving food d. Factors contributing to food spoilage e. Methods of preserving food Fish Practical (Double Session)	Test
5	Feb 05-09, 2024	Preservation Cont'd Preservation Practical	

6	Feb 12-13, 2024	Revision for Sixth Week Test	
7	Feb 19-23, 2024	SIXTH WEEK TEST	
8	Feb 26- March 01, 2024	Cheese Cookery: <ol style="list-style-type: none"> Basic steps in Manufacturing Cheese Types of cheese Effects of cooking Methods of cooking Storage Reasons why cheese is difficult to digest To aid the digestion of cheese Uses of cheese in cooking Value of cheese in the diet 	Practical Test Crossword Puzzle
9	March 04-08, 2024	Sauces: <ol style="list-style-type: none"> Classification of sauces Uses of sauces Definition of terms: roux, puree, panada, mornay Recipes and standards for pouring, coating and binding sauces, sauces thickened by starch, protein, emulsification and puree Steps and precautions for preparation of roux sauce-white, mornay; sauce thickened by emulsification, pureed sauce, salsas Poultry: <ol style="list-style-type: none"> Composition and nutritive value of poultry Types of poultry (chicken, turkey, duck) Selection of poultry Storage of poultry Effects of cooking on poultry Poultry products (gizzards, liver, neck, feet) Deboning chicken parts	Practical Deboning, stuffing and slicing different parts of chicken. Prepare suitable sauce
10	Mar 11- 15, 2024	Soups: Preparing and serving soups (broths, thickened soups and purees) <ol style="list-style-type: none"> definition uses classification of soups 	Cream Soup & Batters Practical

		<ul style="list-style-type: none"> d. ingredients (including bouquet garni and mirepoix) e. general guidelines and standards for finished products and their service <p>Batters:</p> <ul style="list-style-type: none"> a. types (thin, coating and fritter batter) b. definition c. uses d. ingredients <p>Recipes and standards for finished products.</p>	
11	Mar 18 - 22, 2024	<p>Methods of Cooking:</p> <ul style="list-style-type: none"> a. Reasons for cooking food b. Methods of cooking food (moist-steaming, boiling, stewing, poaching, braising, shallow fat frying, deep fat frying; dry-dry frying, grilling, baking, barbequing; conservative cooking; microwave; pressure cooking c. Suitable foods for each method d. Advantages and disadvantages of each method <p>Appearance and service of completed dishes (appropriate temperature, colour of food, garnishing, table décor)</p>	<p>Activities</p> <p>Practical</p>
12	Mar 25- 29, 2024	<p>Egg Cookery:</p> <ul style="list-style-type: none"> a. Composition of eggs b. Tests for freshness c. Changes during storage d. Methods of storage e. Selection of eggs f. Cooking eggs G. Uses of eggs in cookery 	<p>Practical</p> <p>Test</p> <p>Activities</p>
13		<p>Cake Making and Decorating:</p> <ul style="list-style-type: none"> a. Methods of cake making (creaming, rubbed-in, whisking, all-in-one) b. Functions of ingredients used in cake making c. Terms used in cake making (sieve, cream, whisk, fold, curdle) d. Steps and precautions for each method 	<p>Make a cake using creaming, melted method and decorate using buttercream or fondant</p> <p>Test</p>

		<ul style="list-style-type: none">e. Faults and remedies in cake makingf. Types of cake decorations and their uses <p>Choosing suitable decorations for each method of cake making</p>	Activities for Portfolio
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